

O'Hara's Bar Menu

HERBERT J. YATES
presents

JOHN FORD'S GREATEST TRIUMPH

THE Quiet Man

starring
JOHN

WAYNE

MAUREEN

O'HARA

BARRY

FITZGERALD



WITH
WARD BOND
VICTOR McLAGLEN
MILDRED NATWICK
FRANCIS FORD

ARTHUR SHIELDS and ABBEY THEATRE PLAYERS

A REPUBLIC PICTURE

Color by **TECHNICOLOR**

Directed by

JOHN FORD

Screen Play by **FRANK S. NUGENT**

From the story by **MAURICE WALSH**

Produced by **MERIAN C. COOPER**

THE
Lakeside
HOTEL & LEISURE CENTRE

★★★★

Ballina / Killaloe, Co. Clare, Rep. Of Ireland.

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O'Hara's Bar

Vegan & Vegetarian

Menu

STARTERS

Crispy Southern Bites House Salad (1w,12) €11.50
mixed seasonal leaves with tomato, onion
fresh avocado and crispy southern bites
with a sweet chilli mayonnaise.

Trio Of Ripe Melon €8.50
trio melon platter of honeydew, cantaloupe
and watermelon with fruit coulis
and champagne sorbet.

Tofu Salad Bowl (1w,12) €11.50
mixed seasonal leaves with tomato, onion,
avocado, organic tofu and mixed seeds of sunflower,
pumpkin and linseed with balsamic reduction.

MAIN COURSES

Spinach and Chickpea and Potato Curry (6,8,9) €15.50
spinach, chickpea and potato curry
served with basmati rice and naan bread.

Vegan Burger (1w,11,12) €17.00
served on our goodness grains burger bun
with melted vegan cheese, lettuce, tomato
and mayonnaise, sweet chilli fries or chips.

Super Green Burger (1w,11,12) €17.00
with a mix of broad beans, broccoli, spinach,
peas, courgette and kale served in our
goodness grains burger bun with
melted vegan cheese, mayonnaise, lettuce
and tomato with sweet chilli strips or chips.

Vegan 3 Bowl Platter (1w,11,12) €17.00
tapas style plate of veggie bites,
salad bowl of seasonal leaves, avocado,
mixed seeds, tomato and onion and chilli strips
with garlic mayo and sweet chilli dip.

DESSERTS

Carrot Cake (1w,8) €9.00
with sweet Pistachio and avocado frosting
and caramel sauce. Vegan

Vegan Chocolate & Coconut Tart (6,8) €9.00
with berry coulis

**Fresh Strawberries with
Glenown Vegan Vanilla Ice Cream** (6,8) €9.00
does not contain nuts but the Ice cream
is produced in a factory that use nuts.

Raspberry Frangipane Tart (8) €9.00
with fruit coulis and seasonal berries

ABOUT OUR VEGAN MENU

A lot of our vegan products are sourced from the
Plant It Food CO. who specialise in vegan products:

We store our vegan Products in a separate
location in the kitchen and we have a
fryer designated just for vegan cooking:
We also have a fryer for gluten free.

Plant It Food CO use real vegetables,
plant protein high in dietary fibre
and non GMO and 100% Vegan.

THE PLANT-IT
FOOD CO.

ALLERGENS:

1w=Cereals containing gluten, 2=crustaceans, 3=eggs, 4=fish, 5=peanuts, 6=soya, 7=milk, 8=nuts,
9=celery/celeryiac, 10=mustard, 11= sesame seeds, 12= sulphur dioxide(sulphites) 13=lupin 14= molluscs.